

St. Mira's College for Girls in Academic Collaboration

with Artsphere

PG Diploma in Dance Movement Therapy (DMT)

Syllabus

Total number of hours- 800

Semesters 2	Subject Code: MCR/DMT(21)042	Lectures:
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
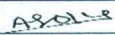
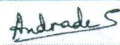

Subject I (146 Hrs)	Subject Code: DMT/TH/2101	Lectures: 114
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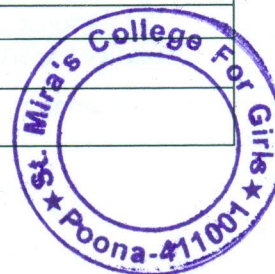
Learning Outcomes:

At the end of the course, the student will be equipped to:

- Discuss the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that DMT draws from
- Identify the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Recognize the cultural diversity in DMT work

Unit 1: Introduction to Dance Movement Therapy	(24)
<ul style="list-style-type: none">• Definition and History of Dance Movement Therapy• Introduction to Body-MindNexus• Principles and Objectives ofDMT• Role of dance in Mental and Physical health	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
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Unit 2: Theoretical Reference to DMT	(22)
<ul style="list-style-type: none"> • DMT and its relationship with different schools of psychology • Critical discussion of psychodynamic literature and its application to DMT • Theories about ethical boundary setting in DMT work 	

Unit 3: Tools and Techniques of DMT	(22)
<ul style="list-style-type: none"> • Experiential and theoretical work around: <ul style="list-style-type: none"> - Embodiment - Attunement - Kinesthetics • Psychophysiology • Introduction to Process work 	

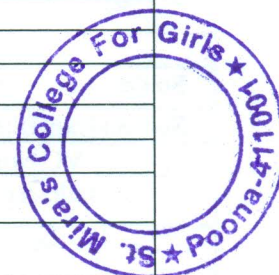
Unit 4: Cultural Competence	(24)
<ul style="list-style-type: none"> • Understanding Cultural Diversity • 6 models of cultural empathy • Social Psychology theories about culture • Cultural sensitizing through critical reflection 	

Unit 5: Developing Movement Language	22
<ul style="list-style-type: none"> • Laban Movement Analysis • Anatomy and Kinesiology 	

Assignments and library hours (16 hours)

Facilitation and reflection Hours (16 hours)

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Psychology Theories and Applications in DMT

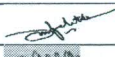


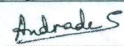

Subject II (220 Hrs)	Subject Code: DMT/PT/2102	Lectures: 128
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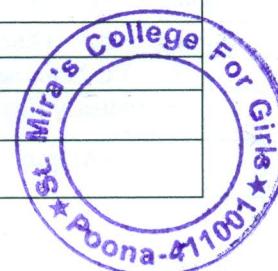
Learning Outcomes:

At the end of the course, the student will be equipped to:

- Describe the group dynamics in DMT work
- Employ the facilitation skills among different populations
- Construct their own framework of therapeutic presence by recognizing the scope of the work
- Design structured formats that will help to sketch some basic session planning, research and documentation skills for their work

Unit 1: Working with Groups	(24)
<ul style="list-style-type: none">● Group Dynamics● Introduction to facilitation skills● Irvin Yalom's Principles of Group work● Tuckman's Group Development Stages● Understanding Neurodiversity	




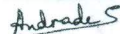

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Unit 2: A Brief Study of Additional Applications	(50)
<ul style="list-style-type: none"> • Yoga and DMT • 5 Rhythms • Buddhism, Chakras and DMT • Socio-political and intersectional frameworks • Expressive Arts Therapy • Additional hours for Movement Explorations and Group Process 	

Unit 3: Working with Specific Populations	(32)
<ul style="list-style-type: none"> • DMT with children • DMT with Adults • Psychopathology and DMT • Specialized groups such as: <ul style="list-style-type: none"> - Special Needs Children and Adults - Geriatric Population - Family Constellation work 	

Unit 4: Working with Individuals	(24)
<ul style="list-style-type: none"> • Psychophysiology • Creating a dyad using metaphors • Carl Jung's theories of Dualities, Individuation • In depth exploration of holding, containing, transference and countertransference in the context of Individual work • Creating tools for client support systems 	

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
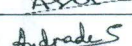




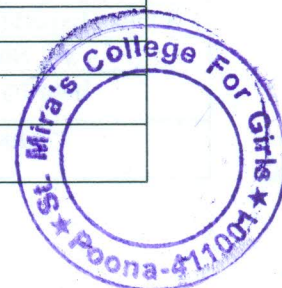
Unit 5: Introduction to Basic Documentation	(22)
<ul style="list-style-type: none"> ● Revisiting LMA and Bartenieff Principles ● Developing pre and post tests ● Types of Research in DMT ● Creating tools for client support systems ● Session Planning 	

Unit 6: Experiential	(26)
<ul style="list-style-type: none"> ● Planning and facilitating sessions for fellow students ● Getting individual and co facilitation feedback on facilitation and planning skills 	

Assignments and Library Hours (18)

Facilitation and reflection hours (24)

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Facilitation Practice, Reflexivity and Inter-modality

Subject III (186 Hrs)	Subject Code: DMT/FPR/2103	Lectures: 144
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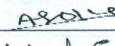
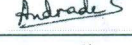

Learning Outcomes:

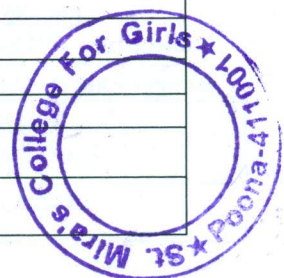
At the end of the course, the student will be equipped to:

- Identify the relationship between various art therapies
- Identify the intermodal preferences and opportunities
- Operate in collaborative teams and setups further
- Operate in practical work environment
- Recognize the importance of supervision

Unit 1: Creative Arts Therapy and Expressive Arts Therapy	(24)
<ul style="list-style-type: none">● Relationship between drama therapy, art therapy, music therapy and DMT● Model of therapy:<ul style="list-style-type: none">- Needs Analysis- Intervention- Process work	

Unit 2: Different Models and approaches	(28).
<ul style="list-style-type: none">● Understanding similarities and differences in different schools of DMT● Relationship between education, occupational therapy and DMT● Collaborative Models	

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Unit 3: Settings and Assessments	(32)
<ul style="list-style-type: none"> • Self-assessment tools • Professional Code of Conduct from ADTA, ADMP, DTAA and IADMT • Ethical Dilemmas • Developing Case studies 	

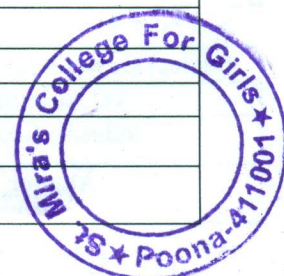
Unit 4: Self – work	(28)
<ul style="list-style-type: none"> • Importance of Supervision • Developing individual facilitation skills • Importance of being in therapy • Developing Professional development plans 	

Unit 5: Understanding Research	(32)
<ul style="list-style-type: none"> • Introduction to Quantitative research methods and principles • Introduction to Qualitative Research Methods and principles • Research tools and techniques 	

Assignments and Library Hours (12)

Internship and reflection hours (30): Supervised Internship

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Research Methodologies and Reflection

Subject IV (152 Hrs)	Subject Code: DMT/RM/2104	Lectures: 64
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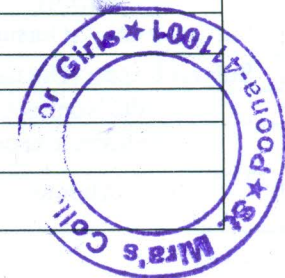
Learning Outcomes:

At the end of the course, the student will be equipped to:

- Interpret the basics of research methodologies
- Propose a research project and report it
- Explore self-care and self-work
- Create professional development plans

Unit 1: Understanding Research	(24)
<ul style="list-style-type: none">● Introduction to Qualitative research methods and principles● Introduction to Heuristic and reflexive Research Methods and principles● Research Ethics● Research design: Meaning, Need, Features of Good Design, Concepts.● Writing Research Report: Format and style	

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Alumni	Ms. Trupti Poduval	<i>Trupti</i>



Unit 2: Self – work	(40)
<ul style="list-style-type: none"> ● Importance of Supervision ● Developing individual facilitation skills ● Importance of being in therapy ● Facilitation practice and counseling skills ● Group supervision format ● Case studies ● Developing Professional development plans 	

Assignments and Library Hours (18)

Internship and reflection hours (70): Supervised Internship

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
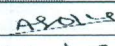




Pacticum

Subject Code: DMT/PR/2105

Supportive Modules:

- **Personal Therapy: Students must complete 36 hours of personal therapy during the training and internship period.**
- **Group Process work will be conducted for two hours during every module.**
 - **Supervision will be provided up to 30 hours of their internships.**

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St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University

Name of Course: PGD-Dance Movement Therapy

No. of Credits : 43

Period From : August 2022-September 2023

Name of the Teacher Incharge: Dr. Sharmin Palsetia

Roll No.	Name of the Student	Marks Obtained	Out of	GRADE	% of Attendance	No. of Credits	Signature of the student
DMT202201	Anisha Mukherjee	392	500	A+	100%	43	
DMT202202	Abhinaya P	Yet to Clear	500	-	94%	0	
DMT202203	Bhairavi Bakhle	Yet to Clear	500	-	95%	0	
DMT202204	Haimi Shah	Yet to Clear	500	-	100%	0	
DMT202205	Hrishitaa Deshpande	Dropped out	500	-	34%	0	
DMT202206	Jagrati Kinger	Dropped out	500	-		0	
DMT202207	Kanishkaa Senthil	Yet to Clear	500	-	91%	0	
DMT202208	Kanupriya	402	500	A+	95%	43	
DMT202209	Prachi Kaushik	Dropped out	500	-	34%	0	
DMT202210	Prerna	400	500	A+	84%	43	
DMT202211	Riddhima Sinha	Yet to Clear	500	-	83%	0	
DMT202212	Rittika Chakraborty	Yet to Clear	500	-	77%	0	
DMT202213	Sachi Kathuria	Dropped out	500	-	26%	0	
DMT202214	Shefali Saini	402	500	A+	97%	43	
DMT202215	Shivani More	397	500	A+	97%	43	
DMT202216	Shreya Tyagi	Yet to Clear	500	-	93%	0	
DMT202217	Shola Carletti	Dropped out	500	-	73%	0	
DMT202218	Surbhi Jain	374	500	A+	94%	43	



Spobetia
Dr. Sharmin Palsetia
Course Co-ordinator

Shalini Iyer
Dr. Shalini Iyer
Co-ordinator

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Name of Course: PGD-Dance Movement Therapy

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Period From : August 2022-September 2023

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Roll No.	Name of the Student	Marks Obtained	Out of	GRADE	% of Attendance	No. of Credits	Signature of the student
DM1202219	Swaranka Pethe	384	500	A+	96%	43	
DM1202220	Vrinda Garg	332	500	A	89%	43	
DM1202105	Aswathy Menon	Yet to Clear	500	-		0	
DM1202118	Sarayu Srinivasan	Yet to Clear	500	-		0	
DM1202120	Tarini Jain	344	500	A	95%	43	

Anubha Doshi

Ms. Anubha Doshi
Signature of Course Instructor

Sharmin Palsetia

Dr. Sharmin Palsetia
Signature of Course Coordinator

Shalini Iyer

Dr. Shalini Iyer
Signature of Co-ordinator



Jaya

Dr. Jaya Rajagopalan
Principal In-charge